

**A HANDBOOK
OF
LOCAL VOLUNTARY CLUBS &
ORGANISATIONS FOR
PEOPLE WITH DISABILITIES LIVING
IN
SOUTHWARK**

Compiled by:

Southwark Disablement Association,

Room 48, Aylesbury Day Centre Boyson Road,

London, SE17 2BA

Tel: 01-701 1391



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 able to help.

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CLUB BOOK UPDATE

The clubs listed in this book and the details about them are correct as we go to print in Autumn 1984

Every attempt has been made by Southwark

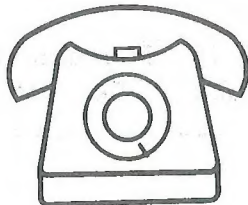
Disablement Association to ensure the information is correct but obviously changes do occur. We would

be grateful if you would let us know any changes or omissions at the following address so we can update information -

Southwark Disablement Association, Room 48,
Aylesbury Day Centre, Bradenham, Boyson Road,
London, S.E.17 2BA. Tel: 701 1391.

Most of the clubs have some limited transport available for those unable to make their own way.

It is always advisable to telephone or write to the contact person before visiting as venues and dates can change.



LOCAL EVENING CLUBS

Amicus Club

A social club meeting at Dulwich Hamlet School, Dulwich Village, SE21 on Thursdays during school term from 7.00-9.30 pm.

The club caters for physically handicapped housebound people between the ages of 50-90 years.

Contact - Mrs. Ann Kidd, Hon. Secretary, 8 Maylons Road, London, SE13, Tel: 690 7129 - Work 693 2524.

Cambridge House Mentally Handicapped Project Gym Club

Meets at Comber Grove Youth Centre, SE5 on Fridays from 6-10 pm for Table Tennis, Snooker and Games.

The club caters for mentally handicapped people between the ages of 19 and 25 years.

Contact - Steve Robertson, Cambridge House Mentally Handicapped Project, 131 Camberwell Road, SE5
Tel: 701 0769.

Crossways G.L.A.D. Club

A social club meeting at the United Reformed Church Hall, New Kent Road, SE17 on 2nd and 4th Thursdays every month from 6.30-9.00 pm.

The club caters for people with physical disabilities from age 50 upwards.

Contact - Mrs. King, 19, Johnson House, Lawson Estate, Great Dover Street, SE1, Tel: 403 3841

Dulwich Fellowship Group of the Torch Trust for the Blind

Meets at the United Reformed Church, East Dulwich Grove SE22 on the third Friday of each month from 6-8 pm. It provides Christian literature and fellowship for visually handicapped people.

Contact - Secretary Miss J. Leamy, 3a Piermont Road, SE22, Tel: 693 6961

Disabled People's Club

Meets at Havil Street Hall, SE5 on Wednesdays from 7.30-10.00 pm.

The club caters for all ages and all disabilities and arranges social activities.

Contact - Marjorie Seaton, Secretary, 2, Summit Way, London, SE19 2PU, Tel: 771 2559

Freddie Mills Club for Handicapped Boys

Meets at Clubland, 54 Camberwell Road, SE5 on Mondays from 6.30-8.30 pm.

Club caters for all physically and mentally handicapped boys from 8 years.

Contact - Mr. P. Wilks, 7 Mylis Close, SE26
Tel: 299 0111 (daytime)

Havil Street Club

Meets at Havil St. Hall, SE5 on Tuesdays from 7-10 pm.

The club caters for the mentally ill of all ages, and is a social club with no transport provision.

Contact - Mrs. M. Cocks, 182 Wendover, Aylesbury Estate, London, SE17, Tel: 701 4537

Jem Club

Meets at Doubtfire Hall, Tatum Street, London, SE17 on Tuesdays from 7.00-9.00 pm.

The club caters for physically handicapped young people from 5-17 years and a variety of activities are available.

Contact - Mrs. Wheale, 68, Tatum Street, London, SE17
Tel: 701 3165.

Lary's Club

A social club meeting at Guys Hospital (Munro Clinic) Newcomen Street, SE1 on the 3rd Tuesday each month from 6.30-8.30 pm.

The club caters for patients who have had a laryngectomy or who have undergone head and neck surgery with resultant speech difficulty. Any age group is welcome.

Contact - Mrs. A. Whitehorn or Ginnie Hale, Speech Therapists, Munro Clinic, Guys Hospital, SE1,
Tel: 407 7600

Monday Ark

Meets at Trinity College Centre, 1, Newent Close, SE15 6EF
Caters for Educationally sub-normal children from 5-14 years, on Mondays from 5-7pm.

Contact - Edna Powell, 115b Wells Way, SE5
Te-: 703 2264 or 703 9855

Multiple Sclerosis Society

Meets at the Aylesbury Day Centre, Boyson Road, SE17 every 4th Monday from 7.30-9.30 pm.

The club caters for multiple sclerosis sufferers of all ages.

Contact - Mr. & Mrs. Edmonds, 28, Dovedale Road, SE22
Tel: 693 6848

National Elfrida Rathbone Society - Comber Club

Meets at Comber Grove Youth Centre, Comber Grove, School, Comber Grove, SE5 on Thursday evenings from 7-9 pm for people aged 15-25 with moderate learning difficulties (ESNM) to take part in games, snooker, pool, etc. typing, dance, drama, aerobics.

Contact - Miss Oakey, National Elfrida Rathbone Society, choir vestry, Christchurch, St. Stephen, Candahar Road, Battersea, SW11, Tel: 350 1629

Over 60's Peckham Settlement Club

Meets in the Main Hall, Peckham Settlement, Staffordshire Street, London, SE15 from 12.45 pm on Mondays, Wednesday, Thursdays and Fridays. The Wednesday meeting is especially for disabled people over 60.

The club caters for the housebound over 60's.

Contact - Peckham Settlement, Tel: 639 1823 or 639 3823

Peckham Guild of Friendship

Meets at the Aylesbury Day Centre, Boyson Road, SE17 on Wednesdays from 7.30-9.30 pm.

The club caters for all physically handicapped people between the ages of 40-80 years.

Club leader is Beryl Elliott, 59b Winterbrook Road, Herne Hill, London, SE24, Tel: 737 4697.

St. Thomas Youth Club

Meets as follows at Archbishop Taits, 220 Lambeth Road, London, SE1 and caters for able bodied, physically disabled and mentally handicapped young people. The club has access for wheelchairs and adapted toilet facilities.

- Mondays 7.00-10.00 pm
Table tennis, volley ball, music class
14 years and over.
- Tuesdays 7.00-8.30 pm
Ball games and art classes
under 14's
- Wednesdays 7.00-10.00 pm
Keep fit, table tennis, snooker and art classes
14 years and over.
- Thursdays 7.30-9.00 pm
Mentally Handicapped people with special
needs.
- Fridays Fund raising for parents and friends of
Youth Club.
- Saturdays Dance, drama, organised games and art.

There is some transport available. Free association
all times except Saturday. Classes form part of the evening.

Contact - Grace Goy, Senior Youth Worker,
Tel: 928 5219

South London Spastics Group

Meets every other Monday from 7.30-9.30 pm in the
Aylesbury Day Centre, Boyson Road, London, SE17

The club caters for spastics of 11 years upwards.

Contact - Mrs. Eyles, Hon. Welfare Officer, 1, William
Evans House, Bush Road, SE8, Tel: 237 5133

Southwark Gateway Club

A social club meeting at Comber Grove School, Comber Grove, London, SE5 on Wednesdays from 7.00-9.30 pm. The club caters for mentally handicapped people from 16-60 years.

Contact - Mrs. Walker, 7, Eglington Court, Lorrimore Rd., London, SE17, Tel: 703 4686

Southwark Leisure and Sports Association for the Blind

Meets on Tuesdays from 7.30-9.30 pm (£1 per year enrolment fee to Southwark Institute) at Goodrich Road School Goodrich Road, SE22 for ballroom dancing.

Wednesday evening and Sunday afternoons in Dulwich Park for outdoor bowls. Swimming arranged and horse riding. The club caters for blind and partially sighted people from 16 years and over.

Contact - Mr. E. Guest-Collins, 14, Dulwich Court, Underhill Road, London, SE22, Tel: 693 2701.

Southwark Phab 25 Club

Meets at Lambeth Towers, Kennington Road, SE11 on 2nd and 4th Monday every month.

The club caters for people 18 years plus of all disabilities.

Contact - Chairman, Jacqui Gurteen, 117, Howard Road, SE25, Tel: 654 4920.

Southwark Wheelchair Dancing Group

Meets at the Aylesbury Day Centre, Boyson Road, SE17 on the 1st and 3rd Tuesday of every month except August, from 8.00-9.45 pm.

The club caters for wheelchair users of all ages.

Contact - Secretary Mrs. P. Hough, 12 Alverstone Road, Wembley Park, Middx. Tel: 904 6451

Southwark Society for Mentally Handicapped Children and Adults (Southwark Mencap)

Last Monday in the month - meeting at Havil St. Hall, SE5 7.30-9.30 pm for parents and adult mentally handicapped members from hostels and flats.

Contact - Mr. Rhodes, 9 Hitherwood Drive, London, SE19
Tel: 670 7520

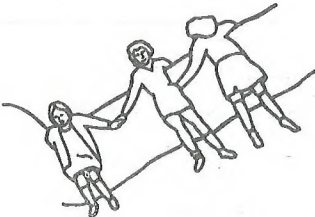
Organises Keep fit classes at Southwark Adult Education Institute at Alwyn School, Southwark Park Road, SE16 from 7-9 pm on Tuesdays during school term for teenagers and adults.

Organises various classes, eg. cook and eat, car maintenance pottery, drama - on Thursdays 7-9 pm during term time. at Nunhead Branch of Southwark Institute, Whorlton Road, SE15 for adults.

Contact - Mrs. Rhodes, 9, Hitherwood Drive, London, SE19
Tel: 670 7520 (Co-ordinator Student Activities.)

Organises swimming class for adults and teenagers at St. Thomas Apostle School, St. Mary's Road, SE15 on Friday evening from 7-8.30 pm during term time.

Contact - Mrs. Walker, 7, Eglington Court, Lorrimore Road, SE17, Tel: 703 4686.



Sports Activities for People with Disabilities in Southwark

Archery

Every Tuesday evening from 7.30-9.30 from October - March inclusive at Flaxman sports centre, Carew Street, SE5 for all physically disabled people aged 18 and over. Outdoor Archery from July to September at Dulwich Hamlet School.

Bowls every Friday evening from 7-9 pm from May-September inclusive in Peckham Rye Park, SE15 for people with any disability but aged 18+.

Fishing

Every Tuesday evening from 7-9 pm from June 16th until the middle September inclusive at Burgess Park Lake, SE5 for people with any disability but aged 18+.

Contact - Mr. S. Thoms, Sports and Leisure Worker, Southwark Disablement Association, Room 48, Aylesbury Day Centre, Bradenham, Boyson Road, London, SE17, Tel: 701 7616

SPORTS AND ACTIVITIES 'Southwark Phoenix' Club

Every Friday evening from 7.30-9.30 during term time at Southwark Institute, Goodrich Road, SE22 entrance via school playground in Dunstons Road (£1 enrolment fee payable to Southwark Institute). The club caters for all disabled people aged 18+.

Sports and Leisure activities included are - badminton, basketry, darts, snooker, table tennis, rifle and pistol shooting, unihoc, card games, board games, etc.

Contact - Mary Marshall, 1, Rosenthorpe Road, SE15, Tel: 639 8029 evening - 701 1391 daytime.

Riding for the Disabled

A group from Southwark go each Thursday evening to the Knightsbridge Barracks, Hyde Park, London for one hours tuition. The group caters for any disability but the person must be age 18+.

Contact - Mrs. Brooksby, 54 Cheltenham Road, London, SE15
Tel: 639 5214

SWIMMING

Optimists

Meets on alternative Sunday mornings at Ironmonger Row, EC1 and caters for all disabilities. One ambulance from Southwark starts collecting people at 9am and returns at lunchtime.

Contact - Mrs. Joyce Fale, 46, Cyprus Street, Old Ford, E2.
Tel: 981 0602

Streatham Sea Hawks

Meets at Streatham Baths, SW16 on a Thursday evening at 8pm. A small group go from Southwark with transport provided. All disabilities.

Further details contact - Marlene Aldrich, 10 Love Walk, SE5.
Tel: 703 4693 daytime 703 6363 ext. 243 or 250.

Southwark Penguins

Meets at Rotherhithe Swimming Baths, Lower Road, SE16 on Saturday afternoon, 4.30-7.00pm. Transport is available to those who require it and live in the Borough of Southwark. No age limits. Caters for all disabilities.

Contact - Stephen Thoms, Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Road, London, SE17, Tel: 701 7616.

LOCAL DAYTIME CLUBS

Age Concern Southwark operate the following 6 CLUBS:-

Bermondsey Pop-in-Parlour

Meets at Rockgrove Way, Sheltered Housing Unit, SE16.
10.30-3.30pm Tuesday, Wednesday, Thursday, Friday. No transport
is available, anyone over retirement age welcome. Premises
are accessible for disabled people.

Contact - Mrs. J. Birch, Tel: 231 9417

Snacks and lunches, tea, coffee etc. served.

Bermondsey Stroke Club

Meets at Marden Square, Sheltered Housing Unit, Drummond Road, SE16
on alternate Mondays 2-5 pm.

Transport available (but no tail lift).

Is for stroke victims, but any disabled person considered.

Contact - Mrs. J.A. Birch, Pop-in-Parlour, Rockgrove Way,
Sheltered Housing Unit, Rouel Estate, SE16. Tel: 231 9417

Activities include:

- tapestry, embroidery, cards, scrabble, etc. speech and occupational
therapists also in attendance.

Camberwell Pop-in-Parlour (King George VI Club)

King George VI Club, 67, Crawford Road, Camberwell, SE5.

Meets 9.30-5.30pm Monday-Friday. Social Services Ambulances
available. Anyone over retirement age.

All types of disabilities catered for.

Contact - Mrs. D. Jones, King George VI Club, Tel: 274 0849.

Type of activities - discussions, card games, draughts, musical
armchair exercises, group therapy, musical afternoon, bingo daily,
occasional outings, shows.

Camberwell - Stroke Club

Meets at Ogan Close, Sheltered Housing Unit, Benhill Road, Camberwell, SE5 every Wednesday 2.30-4.30pm.

Transport - Social Services Ambulance and voluntary drivers.

Anyone over retirement age who has had a stroke.

Contact - Mrs. O'Mahoney, Age Concern, Southwark, 33, Peckham Road SE5, Tel: 703 6105.

Games, eg. Skittles, draughts, dominoes, speakers, films, word games, outings, bingo, speech therapist attends weekly.

Dulwich Pop-in-Parlour

Meets at 3, The Parade, Felbridge House, Dog Kennel Hill, SE22.

Monday - Friday 10.30-2.30 pm.

Transport : Private vehicles (volunteer drivers), ambulance.

Anyone over retirement age. Premises suitable for disabled people.

Contact - Mrs. Barbara Brown, Tel: 274 8097.

There are occasional social afternoons, outings, and shows. Tea, coffee and snacks served.

Peckham Pop-in-Parlour

Meets at 239, Rye Lane, SE15. Meets 10.00-3.00 pm

Monday - Friday. No transport available. Anyone over retirement age. Easy access for disabled. Snack and lunches, tea/coffee etc. Bingo (Tuesdays).

Contact - Miss Clare Lee, Peckham Pop-in-Parlour, Tel: 732 2740.

Black Elderly Group - Southwark

Meets on Wednesday from 10.30-3.00pm in Welton Hall, Bushey Hill Road, SE5.

For Ethnic minorities of pensionable age. Is a Social club. No Transport. Social Services referral.

Contact - Verna Linsey or Dawn Nemehard, 4, Livingstone House, Welton Road, SE5, Tel: 701 8354.

Blackfriars Settlement Work Centre

A rehabilitation centre for people aged 20-55 years recovering from mental or physical illness and who are considering returning to work. It is open from 10-3pm.

Contact - Pat Stafford, Project Organiser, Blackfriars Settlement Work Centre, 14, Bayliss Road, SE1, Tel: 928 7525

Breakthrough Trust for Deaf-Hearing Integration, London Centre, The Hall, Peyton Place, Greenwich, London, SE10, Tel: 853 5661

Organises two classes at Southwark Adult Educational Institute at Queens Road Centre, St. Mary's Road, SE15 on Monday 10.30-2pm for cookery, dressmaking, badminton, swimming and for general talk and advice and on Tuesdays 10-12 for pottery, flower arranging, dressmaking, badminton and keep fit health for all ages. Classes operate in term time only.

Cambridge House - 131, Camberwell Rd. SE5 - Mentally Handicapped Project.

Play scheme in the holidays take place during the Easter and Summer school holidays (2 weeks at Easter and 4 weeks in summer) from 9.30-3.30pm each day. Approximately 55 children can be accommodated on a number of sites. There is some integration into other schemes, with help from Cambridge House staff. Transport is provided.

Contact - Everton Comeron, Tel: 703 5025.

Holiday away, provides 6 weekend holiday and 2 day trips for small numbers of mentally handicapped children and adults.

Contact - Sue Proud, Tel: 703 5025

Cambridge House Playcentres

Meets Monday-Thursday from 4.30-6.30 pm for children from 7-19 years with mental handicaps and provides crafts and games, in Cambridge House.

Contact - Steve Robertson. Tel: 701 0769

Cambridge House Weekend Club

Meets at Cambridge House, 131, Camberwell Road, SE5 on Saturday and Sunday afternoons from 2-6 pm for mentally handicapped people age 7-19 years. Games and outings.

Contact - Steve Robertson, Tel: 701 0769.

Carers Support Group

Meets at Marden Square, Tenants Hall, Drummond Road, SE16 on the last Thursday of the month at 1.30 pm. It is a social gathering for people who are caring for an elderly or disabled person, no matter what age.

Contact - Paul Curran or Sue Russell, Area 3, Social Services, Hawkstone Road, SE16, Tel: 237 6644

Charlie Chaplin Adventure Playground for Handicapped Children, Bolton Crescent, SE5 (off Camberwell New Road)

Meets on Saturdays and school holidays from 10.30-4.00 pm. The playground caters for children of school age with varying handicaps. The playground suggest that you ring them before arriving if you have not been before.

Contact - Chris Holliday, Tel: 735 1819.

Cheyne Holiday Club for Physically Handicapped Children

Organises activities and outings. Meets at Lady Ellen Adventure Playground, Chivalry Road, SW11, Tel: 228 0278 - on Tuesdays and Thursdays 10.00-3.30 pm in school holidays only, i.e. Easter, Summer and Christmas.

The club caters for all physically handicapped children from 7-16 years+.

Contact - Patty Singleton, 61, Cheyne Walk, SW3, Tel: 352 8434.

Crusoe Club for the Blind

Meets Tuesdays and Fridays 10.00-2.30 pm. Transport available.
Blind and partially sighted people are welcome.

Contact - Peggy Lloyd, Blackfriars Settlement, 44, Nelson Street,
SE1, Tel: 928 9521.

Tuesdays - Pottery, Fridays - Music and Movement.

Copleston Over 60's Club

Social club meets Wednesdays 2-4 pm in the Copleston Centre,
Copleston Road, SE15.

Contact - Pat Speller, Copleston Centre, Tel: 639 1310 between
10.30-12.30.

London South East Brownies, Guides, Rangers, Trefoil Units

Meets at Sydenham Girls School, Dartmouth Road, Sydenham, SE26
from 3-6 pm on 2nd Saturday of each month.

Age Range : Brownies 7-10 years, Guides 10-15 years, Rangers 15-25 years,
Trefoil 25+.

The organisation has both mentally and physically handicapped units in
each group.

Contact - County Advisor, Miss Joan Kirby, 2, Lloyds Place, Blackheath,
SE3 or Miss Denise Carroll, (2nd L.S.E. Guide Leader M.H.) 40a,
Grosvenor Park, SE5, Tel: 708 0672.

New Hall Over 60's Club

A social club meeting Wednesdays 1-4.00 pm.

Contact - Mrs. Cluney, 26, Barlow House, Rennie Estate, Galleywall
Road, SE16, Tel: 231 4981.

Rainbow Club

A social club which meets at the Tooley Street Day Centre, 283 Tooley Street, SE1 on 2nd Saturday of every month.

The club caters for deaf blind people between 60-90 years.

Contact - Mrs. Pilcher, 12, Dagonet Gardens, Bromley, Kent BR1 5JD,
Tel: 698 0105 or Mrs. Vincent, 181 Lethbridge Close, SE13.

Saturday Club for Mentally & Physically Handicapped People

Meets at Dulwich Grove United Reform Church Hall, East Dulwich Grove, SE22 every other Saturday from 2-5 pm.

The club caters for mentally and physically handicapped people of all ages.

Contact - Mrs. K. Perle, 175, Friern Road, East Dulwich, SE22,
Tel: 693 6020.

The Scout Association

Policy is to integrate handicapped boys into normal local groups. Caters for any disability as long as person can understand and accept Promise and Law. Takes boys 8-18 years old.

Contact - Assistant County Commissioner (Handicapped Scouts).
Mr. Robert Ellis, 34, Llandover Road, Plumstead, SE18, Tel: 855 2329

Tuke School Summer Playscheme

Meets at Tuke School, 4, Wood Road, SE14 during summer vacation (July). Caters for special care pupils from Tuke School only.

Contact - Miss Davy, Headmistress, Tel: 639 5584.



Warndon Group

A social club for the over 60's, meeting at Silverlock Tenants Hall, Silverlock Estate, off Rotherhithe New Road, SE16 on Thursdays 2-4 pm.

Contact - Connie Hockley, Area 3, Social Services, Hawkstone Road, London, SE16, Tel: 237 6644

Wednesday Club Blackfriars Settlement - 44, Nelson Square, SE1

Tel: 928 9521

Meets on Wednesday 2-3.30 pm for elderly people.

Social activities.

Contact - Mrs. Stevens at Blackfriars Settlement.



VOLUNTARY ORGANISATIONS AND ASSOCIATIONS OPERATING IN SOUTHWARK

Age Concern

Open Mondays, Wednesdays, Fridays from 10-4 pm.
Tuesdays and Thursdays 10-1.00 pm at 33, Peckham Road, SE5.
Rung insurance and Holiday Scheme, + Information and Advice
service. Home visiting. Radios/T.V's for housebound. Welfare
Food. Offers practical help and support, also has wheelchairs on
loan.

Tel: 703 6105/6

See also B.E.S.T. -----

Association of Carers

Support to carers through meetings of carers of all ages to discuss
problems and ways of dealing with them. Meets monthly, 12.30-
2.30 pm.

Contact - Sharon Bonny, Area 6, 47b East Dulwich Road, SE22,
Tel: 693 3399 or 0371 4871.

Barnardo's Southwark Project

Operates 2 schemes mainly in North Southwark to help mentally
handicapped children and their families - one is early counselling and
the other a shared care scheme placing mentally handicapped children
with caring families for short term breaks.

Contact via - Project Leader, Dr. Barnardo's, The Triangle, 72,
Westow Street, Upper Norwood, SE19 3AF, Tel: 771 0907.

B.E.S.T. Bermondsey Elderly Support Team

Is part of Age Concern Based at Health Centre, Grange Road, SE16.
Advice on Benefits and Services available. Gives practical support
where necessary i.e. odd jobs, gardening, decorating. The staff also
escort people to appointments when necessary.

A telephone Advice Line is open every day - Tel: 231 2286

British Red Cross Southwark Centre

160, Peckham Rye, London, SE22, Tel: 693 4512

Centre Office - Monday-Friday 10-1 and 2-4pm

Shop - Thursday 2-4 pm.

Activities - medical loans, visits to housebound, first aid courses, escorts, talks.

Chiropody Dept. open from Wednesdays to Fridays, free service to OAP's
Telephone for an appointment on 693 0160.

Crossroads Care Attendant Scheme

An organisation that supports people who care for a disabled person at home by providing support from a properly trained reliable Care Attendant, enabling the carer to take a short break, etc.

Contact - Co-ordinator, Mrs. Anne Smith, 49, Chancellor Grove, London, SE21, Tel: 670 3908.

Disabled Drivers Association (South London Group)

Meets at Ladywell Centre, Slagrove Place, Ladywell Road, SE13 7HS on 1st and 3rd Saturdays of the month from 3-6 pm. Temporary lifts can be arranged. Social events, fund raising, etc.

Contact - Mrs. Violet Wade, 36a Woolstone Road, SE23, Tel: 291 4061

Dulwich Asthma Society

Social club meets last Wednesday of every month at 8.00 pm. For venue contact Sandy Barton. Age range 16 +. Club for asthmatics and their friends or relatives.

Club Leader - Sandy Barton, 4, Tintagel Gardens, Zenoria Street, London, SE22, Tel: 693 7298.

Duke of Edinburghs Award Scheme

The award scheme is open to disabled youngsters between ages 14-25 years and covers a wide range of activities.

Contact - Ian Coleman, c/o Youth Office, 83, Peckham Road, SE5
Tel: 701 8559.

F.L.A.T. (Facility for Living and Assessment Together)

26, Grosvenor Terrace, SE5

FLAT provides training and assessment in independent living skills.

Groups of up to 4 mentally handicapped people stay for periods varying for 1-4 weeks throughout the year. The age range is 18+ and the contact - Linda Palmer at the above address, Tel: 701 6467

INS ET

175, Rye Lane, Peckham, SE15

Inset is a service which gives information and advice to adults on all the education and training courses available, both locally and nationally. The service is free and confidential, interviews can be arranged at times and places to suit you.

If you would like a chance to talk things over with one of their advisors, please ring on 635 9111.

Open - 10-12 and 2-4 except Thursdays, no appointment necessary.

The Janet Trust Fund

A registered charity providing free transport (donations accepted) for disabled people as individuals or clubs for disabled people. Driver and petrol not supplied. Vehicles are converted ambulances capable of taking wheelchairs.

Contact - Mrs. Betty Miller, 152, Peckham Rye, SE22, Tel: 693 2524

Lady Hoare Trust

Gives support to families with a handicapped child, special interest group is Juvenile Chronic Arthritis.

Local Social Worker - Mrs. Caller, 231, East Dulwich Grove, SE22
Tel: 693 6715

London Association for the Blind

LAB Industries, 14-16, Verney Road, SE16, Tel: 732 8771.
Offers employment for blind people. There is a hostel in Underhill Road, Dulwich and other accommodation including independent flats for working couples. Offers information on work, training, benefits etc. Also advises on holidays. Runs 2 homes in Surrey for elderly blind people.

Contact - Welfare Services Manager, LAB, 14-16, Verney Road, SE16
Tel: 732 8771

Metropolitan Society for the Blind

Is a voluntary organisation for the visually handicapped. Has home visiting service, holiday and legal services, agents for British Wireless for the Blind. Gives financial advice and has equipment and aids. Opens 9.30-5.00 every week day and there is no age limit.

Contact - Lady Fletcher Cooke (Secretary) 252, Waterloo Road, SE1 8RG
Tel: 928 1141

Multiple Sclerosis Society

Apart from club (see evening clubs) offers help and support to M.S. sufferers regardless of whether they are club members. Able to visit at home. Organises fund raising activities.

Contact - Mr. & Mrs. Edmonds, 28, Dovedale Rd., SE22, Tel: 693 6848

The North Southwark Bereavement Care Association

c/o Holy Trinity Rectory, Merrick Square, SE1

Tel: 407 1707 or 407 5244.

This association consists of volunteers who have undergone a course in bereavement counselling and visit bereaved people living in North Southwark who are referred to them as in need of counselling.

Enquiries are treated in absolute confidence.

The Phobic Trust S. E. London Branch

A self help group aiming to overcome agrophobia and other phobias and anxiety states but some social events are also organised. Meeting 2nd and 4th Tuesday in the month from 7.30 onwards.

Contact - Southwark Disabledment Association, Room 48, Aylesbury Day Centre, Boyson Road, SE17, Tel: 701 1391

The Samaritans

Exist to help the desperate, lonely and suicidal. Local Branch - 362, New Cross Road, London, SE14 6PD, Tel: 692 5228.

Phone, call or write in confidence anytime, 24 hour service.

Sickle Cell Anaemia

Camberwell Health Authority run an information centre at Swan Mews, 2, Stockwell Road, SW9. This acts as drop-in centre for those with sickle cell anaemia, professionals and relatives and has counselling facilities.

Open Monday - Fridays 10-6pm

Thursday evening 6-9 pm

Contact - Mrs. Marian McTair; Tel: 737 3588 at the Lambeth Sickle Cell Information Centre, at the address above.

Southwark Alarm Scheme

Based in Room 502, Castle House, 2, Walworth Road, SE1

Provides an alarm system for the sick and disabled of any age in Southwark who are prone to medical emergencies or falls.

Voluntary Committee meets approx 4-6 times per year. Alarm calls are routed through a central unit to neighbourhood volunteers who will answer the alarm call. Volunteers are recruited where necessary to respond to alarm calls where there is no existing support network.

Contact - Senior Co-ordinator, Sandra Furze or Jane Tooher, Co-ordinator, Castle House, 2, Walworth Road, SE1, Tel: 703 6363 ext. 340.

Southwark Society for Mentally Handicapped Children and Adults (Southwark Mencap)

Has monthly meeting in Havil Street, SE5 last Monday of the month 7.30-9.30 pm. Annual Social and Annual Sports Day.

Organises weekly transport for relatives to visit patients at Darent Park Hospital at weekends.

For other activities, see Evening Clubs.

Contact - MENCAP Chairman, Stephen Rhodes, 9, Hitherwood Drive, London, SE19, Tel: 670 7520.

Southwark Council for Voluntary Service, 135, Rye Lane, SE15 Tel: 732 3731

Gives support to other voluntary agencies and community groups in the borough. It liaises within the voluntary sector and between the voluntary sector and the council, gives information and advice to voluntary agencies and produces regular newsletters. It has three specialist projects - a volunteer bureau and a Housing Advice and and Employment Unit.

Contact - Jenny Styles, General Secretary, at above address.

Southwark Association for Mental Health

Is affiliated to MIND/National Association for Mental Health.

Its aims are to:-

1. To create concern for mental health and to challenge ignorance and apathy.
2. To improve the services for the mentally disordered in hospital and community.
3. To support the relatives of the mentally disordered.
4. To mobilise voluntary help in the cause of mental health.
5. To sponsor research.
6. To raise funds for the promotion of these objects.

It supports the work of the Windsor Walk Housing Association and the Camberwell Rehabilitation Association. They have a Nearly New Shop at 405, Lordship Lane, SE22. Open Tuesdays-Fridays 10-3 alternate Saturdays 10-12.30pm.

Befrienders wanted, courses organised for volunteers.

Contact - Mrs. Birley, 133, Sydenham Hill, London, SE26.
Tel: 777 6611 day or 693 2600 evenings.

Southwark Enterprise for Employment of Disabled People

4-5 Milledge Corner, Rotherhithe New Road, SE16, Tel: 231 9156/7
Open 8.45-5.00 Monday-Thursday.
8.45-4.45 Friday.

Their aim is to help disabled people of working age to find employment training or homework.

Contact - Bill O'Brien for employment, Mr. L. De Souza, for homework, Miss N. Peedell for training.

Southwark Talking Newspaper

The Committee meets on Wednesday evenings from 7.30-9.30 in the Aylesbury Day Centre, Boyson Road, SE17 to discuss items for inclusion in the Southwark Talking Newspaper. This is distributed to the visually handicapped or anyone suffering from a disability, which makes reading a strain.

Contact - Co-ordinator, Betty Etherington, Flat A, 52, Keston Road, SE15 4JB, Tel: 639 8696.

Southwark Disablement Association (S.D.A.) - Room 48, Aylesbury Day Centre.

An independent voluntary organisation which was Urban Aided for five years in April, 1981.

Its aims are :-

To act as an umbrella organisation for all those voluntary groups working for and with disabled people in the borough and to encourage co-operation between all those working in this field. To monitor developments within the borough and discuss with the various departments concerned the issues which concern disabled people, eg. housing, residential care, benefits, etc. To disseminate information to all statutory and voluntary organisations and individuals. To produce a newsletter every two months.

The office is open to callers for advice and information on:-

Mondays	1.30-3.30 pm
Wednesdays	10.00-12 noon and 6.30-8.30 pm
Fridays	1.30-3.30 pm
Thursdays	1.00-3.00 at Peckham Citizens Advice Bureau, 97, Peckham High St., SE15

Other times by arrangement. Tel: 701 1391

Southwark Parkinsons Disease Society

Meets at Herne Hill Baptist Church Hall, Half Moon Lane, SE24 on fourth Friday of every month, alternate afternoons/evenings eg. March pm 2.30-4.30, April evenings 7-9 pm. Anyone suffering from Parkinsons Disease is eligible.

Contact - Convenor, Kay Durrant, 24 Kennoldes, Croxted Road Est., South Croxted Road, SE21, Tel: 761 5610 evenings.
Daytime - Chairman, Mr. Jones, Tel: 274 0796

The Spastics Society South London Group

Apart from club (see evening clubs) club offers Welfare Help, specialist services, home visits arranged, fund raising organised.

Contact - Mrs. Eyles, Honorary Welfare Officer, 1, William Evans House, Bush Road, SE8, Tel: 237 5133.

Southwark Taxi Card Holders Association

Voluntary Committee meets at 6 weekly intervals on Tuesdays at 2pm in Room 49, Aylesbury Day Centre, Boyson Road, SE17 2BA.

Membership is open to all Taxi Card Holders in Southwark and an AGM is held when the committee is elected. Committee help with problems with the scheme and organises some socials.

Contact - Margaret McNally (Secretary), 45, Wentworth Crescent, Furley Road, SE15, Tel: 701 1391 daytime.

Victim Support - Southwark

Based at 54, Camberwell Road, SE5, Tel: 701 2677.

Aims to give comfort and emotional support and practical help to victims in Peckham and Dulwich. The crimes they can help with are burglary, robbery, theft-person and minor assault.

Workshops for the Blind

Paid employment for blind people in contract packaging, and making mats and brushes at 252, Waterloo Road, SE1, Tel: 928 6623.

Referred through Blind Persons Resettlement Officer at the Borough Job Centre, Borough High Road, SE1. There is no transport available.

W.R.V.S.

Local Branch - 213, Camberwell Road, SE5, Tel: 703 9118. Open Mondays, Tuesdays, Thursdays and Fridays from 10-3pm. Can arrange escorts, visiting etc., according to availability of volunteers. Arranges Christmas Parties etc. Will try and help with any problems.

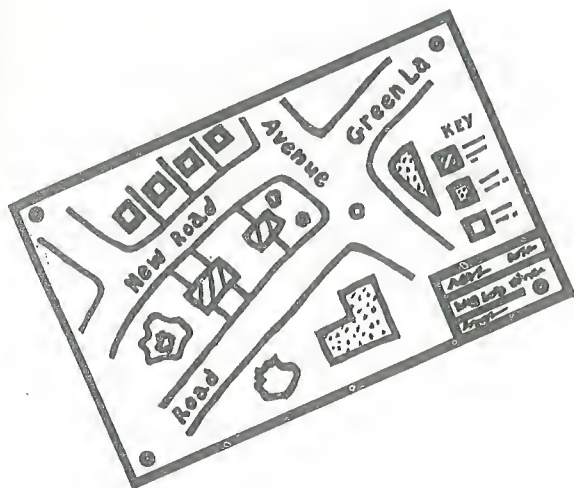
Runs three old peoples clubs:-

Holly club meets on Tuesday afternoons every week between 2-4 pm in St. Andrews Hall, Glengall Road, SE15.

Evergreen Club meets on a Wednesday afternoon between 2-4pm in Havil Street Hall, SE5.

Bingo, jumble sales and some entertainments and outings, which members arrange.

The Troy Town Club is held in the Troy Town Flats, Nigel Road, SE15 Tuesdays to Fridays.



SOME OTHER VOLUNTARY ORGANISATIONS ABLE TO HELP

Artsline

48, Boundary Road, NW8 0HJ, Tel: 625 5666/7.

Available Monday - Friday 10-4.00 pm

Saturday 10-2.00 pm

Can give advice on arts and entertainments in London for people with disabilities and special needs. VISTEL unit for the deaf available.

Association to Combat Huntington's Chorea (London Branch)

Meets twice yearly in the evening, venue notified via the newsletter.

Secretary - Miss Pat Goffron, 38, Cicada Road, Wandsworth, SW18

Tel: 874 9633 (evenings)

Family Counselling Service

108, Battersea High St., SW11 3HP, Tel: 223 7000

Head Office - Borough House, 34a Station Road, Hinckley, Leics,
LE10 1AP, Tel: 0455 615558

Association for Spina Bifida and Hydrocephalus

Tavistock House North, Tavistock Square, WC1H 9HJ, Tel: 388 1382

There is a local parent support group that meets 6 weekly. Organises fund raising and outings.

Contact - Club Leader, Mrs. S. Cudd, 15, Woodvale Walk, Elder Road, SE27, Tel: 761 2400 for more details.

British Deaf Association (London Branch)

311, Gray's Inn Rd., WC1X 8PY, Tel: 278 1005.

There are 2 clubs in neighbouring boroughs:-

1. Lewisham Deaf Club, 148 Dressington Avenue, Brockley, SE4

2. St. Bede's, 412 Clapham Road, London, SW4.

Contact - B.D.A. for more information.

British Diabetic Association

Run a social club on the second Monday in the month from 8-10pm for diabetics, their friends and relatives in the Norwood Centre, 1 Parkhall Road, SE21.

Contact - Mr. Khan, 9, Hermitage Gardens, Upper Norwood, SE19,
Tel: 771 9555

British Epilepsy Association

New Wokingham Road, Wokingham, Berks, RG11 3AY,
Tel: 0344 77 3122

There is a local self-help group which meets on the 4th Thursday of the month at 8.00 pm in Charlton House, Charlton Church Lane, SE7

British Polio Fellowship

Contact - The General Secretary, Bell Close, West End Road, Ruislip, Middx. HA4 6LP, Tel: 71 75515.

for information about nearest branch. Offer welfare help.
Membership costs £1 per year or £10 life membership. The Bulletin issued quarterly.

British Rheumatism and Arthritis Association

Head Office - 6, Grosvenor Crescent, SW1, Tel: 235 0902.

Local groups meet monthly.

Contact - Regional Organiser, Greater London, Mr. G. Roff, 56, Church Crescent, Whetstone, N20, Tel: 368 8911

Chest Heart and Stroke Association

London Branch - Tavistock House North, Tavistock Square, WC1

Provide a counselling service and a welfare service.

Colostomy Welfare Group

38-39 Eccleston Square, SW1V 1PB, Tel: 828 5175.

Advisory service on after care and rehabilitation of patients but not on medical matters. Travel Advice Service.

Local contact - Mr. Peter Becket, 21, Canterbury House, Royal Street, SE17, Tel: 261 9120.

Cystic Fibrosis Research Trust

Alexandra House, 5, Blyth Road, Bromley, Kent, BR1 BRS,
Tel: 464 7211

Founded in 1964 its aim is to finance research and to form branches and groups for the purpose of helping and advising parents and to educate the public.

The Secretary of the Southwark Group is - Mrs. Lorraine Morris,
19, St. Asaphs Road, Brockley, SE4

Disabled Living Foundation

346 Kensington High St., W14 8NS, Tel: 602 2491

Maintains an information service about aids, equipment and facilities for disabled people. Can answer telephone and letter enquiries. Appointment can be made to visit their exhibition of aids.

Friedreich's Ataxia Group

12c Worplesdon Road, Guildford, Surrey, EU2 6RU, Tel: 0483 272741

Gives advice and information.

Local contact - Mr. Peter Cordwell, 18, Rusheymead, Dressington Ave., Ladywell, Lewisham, SE4, Tel: 690 0868 (home) Tel: 274 7722 ex 2884 (work).

The Friendship Register

Is a penfriend scheme for anyone in the British Isles not just disabled people. The basic fee is £2.50 but if you do not want your address published you may pay an extra 50p. You do not have to have your full name published - initials only can be used. You will be sent a list of people who want penfriends and a newsletter.

Contact - Mrs. Joan Mertens, Organiser, The Friendship Register, 29, Goldstone Way, Hove, East Sussex, BN3 7PA for membership form.

The Haemophilia Society

16, Trinity St., SE1, Tel: 407 1010.

People with Haemophilia and their relatives can join for £1 a year and receive the bulletin and fact sheets. The Society can answer queries on benefits, travel arrangements, etc. There is a local group in Lewisham. Contact - 407 1010 for details.

The Leukaemia Society

Area Secretary for London is Mr. Rymer, White Dene, 40, Farm Hill Road, Waltham Abbey, Essex EN9 1NJ, Tel: 0992 712535

Able to give general advice and information, moral support, practical help, holidays. Produce a newsletter 4 times per year and hold an

AGM. To become a member for which there is no charge send to Mr. Rymer for an application form.

Muscular Dystrophy Group

Nattrass House, 35, Macaulay Road, SW4 0QP, Tel: 720 8055.

They can offer Welfare advice.

Contact - Regional Organiser for Greater London, Petronell Reynolds,
Tel: 370 5399 for information about the South East London Branch
who fund raise, have meetings and can introduce people to each other.

SESAME

Christchurch, 27, Blackfriars Road, SE1 8NY, Tel: 633 9690.

Any club or organisation can apply to have a trained therapist to run regular sessions. One year courses are organised to train Sesame therapists, weekend workshops are organised in a hall which is accessible for disabled people.

SHAPE

9 Fitzroy Square, W1P 6AE, Tel: 388 9622

An arts organisation which works with people who have special needs. Organises performances and regular workshops in all art forms. Can go to local clubs. All professional artistes. Also organises a theatre ticket subsidy scheme.

Tel: 388 9421, individuals and groups can join and go on the mailing list to receive information.

Sudden Infant Death Syndrome

Contact - Mr. G.M. Liles, 12, Boulter House, Pomeroy St. SE14 5JD,
Tel: 732 8902 - 24 hour service.

Provides counselling service for their people who have lost a child through a cot death. Will put people in touch with professional help.

For those who have recently been bereaved, the group will help with filling in the necessary forms and put them in touch with the Foundation for the Study of Infant Deaths.

Spinal Injuries Association

5, Crowndale Road, NW1 1TU, Welfare Service - 380 0232

Can offer advice and information, contact with a Link Scheme member & counselling.

The General Office - 388 6840 produces a quarterly newsletter. To become a member costs £3 per year for a disabled person and has information on holidays they organise and care attendant schemes etc.

S.P.O.D. (Sexual and Personal Relationships of the Disabled)

286, Camden Road, N7 0BJ, Tel: 607 8851/2

Provides an Advice and Information Service for disabled people. S.P.O.D organises training days for professional people who work with disabled people and study days for disabled people are also arranged.

Talking Books for the Handicapped

National Listening Library, 12, Lant St., SE1 1QR, Tel: 407 9417

For people who can see but have difficulty in reading because they are incapacitated by old age or because they are suffering from a physical or intellectual handicap or dyslexia. Hospitals, homes for the elderly, schools for the handicapped, etc., may join as Institutional Members. The annual subscription of £15 covers the free loan of the special Talking Book Player and postage of cassettes both ways. Members may change 'books' as often as they like. There is a catalogue of over 13000 full-length books, fiction and non-fiction, covering a wide range of interests, including many suitable for young children and young people. Local Authorities are authorised to pay the subscriptions of members living in their areas and intending members should contact their local Social Worker.

Produced by

SOUTHWARK DISABLEMENT ASSOC.

TEL: 701 1391

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SPORTS & LEISURE WORKER : STEPHEN THOMS

ADMINISTRATIVE SECRETARY : MAUREEN SHBERO